

THE AUGUSTA UNIVERSITY TOBACCO CESSATION PROGRAM

Congratulations on deciding to quit smoking! We are here to help you!

OUR THREE-STEP PROCESS

Tailored to your unique needs, our Cessation Clinic & classes offer an integrative approach to help you live a healthier life without tobacco. Let us help you on this journey to quit tobacco for life.

WHO CAN PARTICIPATE?

- General public
- Students from AU & area colleges/universities
- Any business or organization's employees

WHAT IS THE COST OF THE PROGRAM?

Check with your health insurance provider or Human Resources Benefits Office to see if cessation services are a covered benefit.

- Some health insurance policies will pay for the cost of cessation services; some will cover the costs of medications and some will cover the cost of coaching.
- For people without insurance or whose insurance does not cover the cost of the services, we will work with you to help it be affordable.



USING MEDICATION TO HELP YOU QUIT TOBACCO

Together, you and your doctor or nurse practitioner will decide if medications will help you quit using tobacco. If so, you can fill your prescription at the pharmacy of your choice.

The Retail Pharmacy at Augusta University Health provides discounted cessation medication to tobacco cessation program participants.

- Bring your health insurance card with you
- Conveniently located in the Children's Hospital of Georgia (see map)
- Within walking distance of the Georgia Cancer Center

RETAIL PHARMACY AT AUGUSTA UNIVERSITY HEALTH

Location: BT 2601, 2nd Floor
Children's Hospital of Georgia

Address: 1120 15th Street
Augusta, GA 30912

Parking: Harper Street Parking Deck

Pharmacy Directions: (Walking)

From the Children's Hospital main entrance turn right. Take the stairs or elevator to the 2nd floor. Turn right. The pharmacy is at the end of the hall on the left.

Hours: Monday - Sunday 8:00am - 8:00pm
Open Holidays

Phone: 706.446.1234

Email: AUHealthRX@augusta.edu

Web: augusta.edu/cancer/tobacco



**GEORGIA
CANCER CENTER**
AUGUSTA UNIVERSITY

Rev 7/20

TOBACCO CESSATION PROGRAM

706.721.0456



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augusta.edu/cancer/tobacco

TOBACCO CESSATION

STEP 1 MAKE AN APPOINTMENT

CALL 706.721.0456 or
EMAIL: stoptobacco@augusta.edu

- Talk to the cessation coach
- Learn about the program
- Schedule your cessation clinic visit
- Register for your cessation classes (4)

STEP 2 CLINIC VISIT AND HEALTH ASSESSMENT

- Meet with a doctor or nurse practitioner that specializes in quitting tobacco products
- Physical exam and review of tobacco-use history
- Your visit is tailored to your cessation needs

CLINIC HOURS

Appointments are arranged on an individual basis.
Arrive 30 minutes before your appointment.
Check-in: 1st Floor registration

CLINIC LOCATION

Georgia Cancer Center
Health Sciences Campus, Entrance 9
1411 Laney Walker Blvd. (Corner of R.A. Dent Blvd.)
AN Building



STEP 3 CESSATION CLASSES

Registration is required

After your clinic visit and health assessment you can begin your class. The cessation coach will help schedule your class. Your cessation coach is trained to offer practical guidance and assist you and other members of the group throughout your journey to quit smoking or using tobacco.

- One-hour class per week for 4 weeks
- New class session starts every 2 weeks
- Group classes are tailored to your needs
- Convenient location and hours
- Additional help available

Call **706.721.0456** to reach the Cessation Coach for a schedule of class dates and times.

All cessation classes are at the **Augusta University Health Sciences Campus**.
Virtual classes are also available.

Learn more about our cessation program.

We've put together a short video about our cessation program. In it, you will:

- Meet a former smoker who successfully completed the program
- Learn about our 3-step process to help you quit
- Get a glimpse of a class session

Watch the cessation video at:
augusta.edu/cancer/tobacco

STEP 4 GET READY

Most tobacco users think they can quit any time. For some, it takes more than one quit attempt. By making a plan and enlisting support of family and friends, you increase your chances of quitting tobacco for life.

What to expect from your clinic visit

Your doctor or nurse practitioner will assess your health, provide a brief exam, review your tobacco-use history, and discuss your previous quit attempts. Together, you can decide on a quit plan.

What to expect from your classes

By actively participating in the class, you will develop your quit plan and gain skills to cope with nicotine addiction and tobacco-use habits. The class will help you achieve your goals and a healthier lifestyle.

TIPS

- Set a quit date.
- Get active! Incorporate exercise into your daily routine before you quit.
- Start calculating how much money you'll save with a tobacco-free life.
- Start drinking the suggested amount of water daily: $\frac{1}{2}$ of your weight in ounces of water daily.
 - Example: If you weigh 120 pounds, you would need to drink 60 ounces per day or eight, 8-ounce glasses of water (for 64 ounces).
- Being a non-tobacco user provides advantages for health insurance or benefits; check with your Human Resources Department.

